

The Resilient Library Newsletter

October 18, 2020

Volume 1, Issue 1

Special points of interest:

- **Grow, Sow, Repeat—Adaptive Gardening**
- **A Little Bit Techie—Meditation & Mindfulness**
- **Keep Moving—Better Balance for Life**
- **Money Wise—FINRA's Investor Education Website**
- **Taking Care of You—Ways to Cope & Relax**

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- Keep Moving—For Your Health **5**
- A Little Bit Techie—Online Stuff **6**
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Often, the elderly handle the pandemic very well. Here's why.

By Ellyn A. Lem

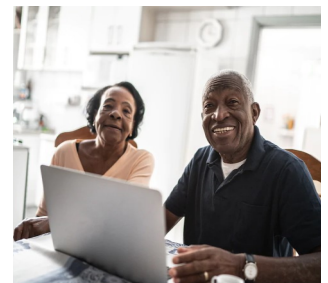
September 19, 2020

When storms knocked the power out in my mom's senior apartment building for the third time in 24 hours, I expected her to be in a panic — no air conditioning, stove or lights. Instead, her 84-year-old self sounded exuberant as she called from a friend's cellphone to let me know she was managing fine. There was a lot of laughing and chatter in the background as she gathered with acquaintances, pooling flashlights and candles like bold adventurers.

Stories abound of many older Americans handling the pandemic with the kind of resilience and aplomb my mother showed in the storm emergency.

Unlike teenagers and those in their 20s who have grown up with the immediate gratification of social media "likes," those 65 and older are more seasoned at waiting and can tolerate patience in a way that is hard for many of the rest of us, who were done with this pandemic months ago.

Research... has noted that the majority of people



Older people have experience to draw upon to help remain resilient during hardship and challenges.

worldwide become happier as they age, perhaps because they accept inevitable changes that occur over time and develop appreciation for the good that remains in their lives.

When Patrick Klaiber, a

See **Resilient Elderly**, pg. 2

How seniors can build resilience during pandemic

By Eric B. Larson, MD, MPH

...Prior to the pandemic, I wrote a book about healthy aging, encouraging older adults to follow a "PATH" to resilience. With COVID-19 in our midst, the acronym still applies, especially as we

strive for resilience during a time of social distancing. Let me explain.

"P" stands for "proactivity," which means taking charge of your health and health care. In the age of COVID-19, this requires not being passive, waiting

for others to suggest protective measures. We know we must stay away from large social events, keep our distance (6 feet) from others, and wash our hands frequently. We proactively avoid spreading germs by wearing a

See **Building**, page 3

doctoral student at the University of British Columbia, and colleagues collected daily surveys from people ages 18 to 91 during the pandemic, they found that older generations reported handling the stress of covid-19... more effectively than those who are younger.

Other reports reveal similar data, including a study by the investment company Edward Jones and the think tank Age Wave looking at 9,000 people across five generations. The older participants in the study reported the highest percentages of coping "very well" with covid-19.

This disparity may be partly explained by seniors often having fewer work-family conflicts than those with younger children. But others recognize that living in one's later years gives perspective that difficult times will pass eventually, and that there is experience to draw upon to help remain

resilient during hardship and challenges.

My Uncle Lou, for example, who just turned 90, describes his surviving the Korean War at 22 to be a "defining moment" that taught him to be "thankful" to be alive; he still remembers his four brothers serving in World War II, including one who was taken as a prisoner of war. Lou has been spending time during the pandemic listening to music and working on his autobiography. He commented, "We are handling [the pandemic] with a positive attitude."

To point out that many older people are weathering this pandemic is not to minimize the serious problems that are affecting them. More than 48,000 nursing home residents have died of covid-19, and Blacks and other people of color have been disproportionately affected. Count-

less nursing homes still do not have sufficient testing and the personal protective equipment needed to guarantee the safety of employees and residents.

As we all sail into the unknown, there is some emerging data that being exposed to "age diversity" contributes to longevity. I think of that now more than ever when I arrive at the Y pool for water tai chi with an intergenerational group that ranges from 15 to 90. One of our movements is called "accepting with grace." Many older people there and elsewhere already have mastered this timeless ideal.

Ellyn Lem is a professor of English at the University of Wisconsin-Milwaukee at Waukesha.

Excerpted from https://www.washingtonpost.com/health/elderly-coping-pandemic-despite-isolation/2020/09/18/f397dea8-f763-11ea-89e3-4b9efa36dc64_story.html

"others
recognize
that living in
one's later
years gives
perspective
that difficult
times will
pass"

Taking Care of You

USE PRACTICAL WAYS TO COPE AND RELAX

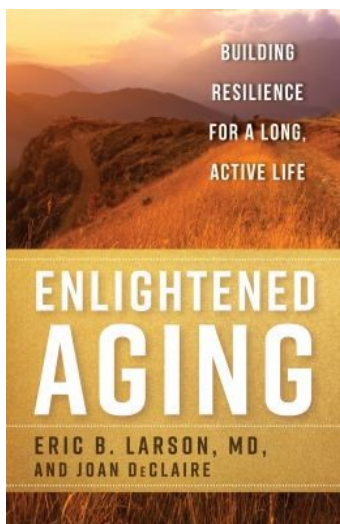
- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, or engage in activities you enjoy.
- Pace yourself between stressful activities, and do something fun after a hard task.

- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

See **A Little Bit Techie** for info on Meditation on page 6



**Remember to take care
of yourself.
Sometimes you are so busy
taking care of others
that you forget
you are important too.**



Check this book out
from our library catalog

“I’d encourage everyone who’s staying home these days to make at least one social connection each day.”

Eric B. Larson, MD, MPH, a senior investigator at Kaiser Permanente Washington Health Research Institute (KPWHRI), where he conducts research on healthy aging, prevention of Alzheimer’s disease and cognitive decline, and health services. He was formerly the executive director of KPWHRI and vice president for research and health care innovation at Kaiser Permanente Washington.

Page 3

Building Resilience (from page 1)

face mask in public. And we ask others for help such as shopping or running errands when we need it.

Being proactive also means telling friends, family, and health care providers what kind of care you would want in the event of serious illness. Because of the pandemic, more people are taking steps to complete advance directives, which outline their wishes in the event of a terminal illness...

“A” stands for “acceptance,” an approach that allows people to accept changes with equanimity, rather than denying the reality of a challenging situation. The COVID-19 pandemic is an unexpected epochal event for people worldwide, and especially for seniors. By accepting, rather than rejecting the facts, we’re in a better spot to find positive purpose and meaning—even in the most difficult times. We might ask, “How can I help others to cope?” This could motivate you to phone a friend who is feeling isolated. Or you might ask, “How can I best use this time?” Often the answer is something creative, like planting a garden, writing a letter, doing art. Or it may be something more pragmatic, like cleaning or organizing, getting rid of extraneous piles, and keeping what’s valued.

“TH” stands for “three”—as in “three ways to build your reserves: mentally, physically, and socially.”

1. You can build mental reserves by keeping your mind positively engaged through activities like reading, doing puzzles, or playing virtual card games with friends. Social media like Facebook or Twitter can also be engaging but be wary of focusing exclusively on issues that make you feel angry or sad.

It’s natural to think about things we’re missing during periods of social distancing—graduations, religious services, weddings, funerals, and family gatherings. You might find yourself dwelling on such losses. . . Such disappointments can turn into a deeper sense of misery. Through mindfulness, however, you can recognize potentially troubling thoughts as they arise and understand that they are only that—just thoughts. Rather than letting negative thoughts spin out of control and become self-reinforcing, ...step back and observe what your brain is doing. If you recognize these are just thoughts, ...use them as a trigger...and then find ways to comfort yourself through nurturing activities such as reading a beloved poem, saying a prayer, getting some invigorating exercise, or calling a friend to share your experience. . . And if you find that you’re experiencing especially severe or long-lasting feelings of sadness and isolation, reach out to a therapist or counselor for help.

2. Build physical reserves through exercise. . . Ask yourself, “What activity can

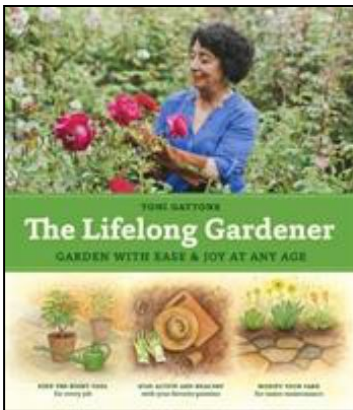
I safely do for 30 minutes twice a day?” You might take a brisk walk outdoors or around your residence. Avoid prolonged sitting. Stand up and move at least once an hour. You might exercise along with online videos... [see] the National Institute on Aging’s web-site]. . .

3. Build social reserves—even as you limit contacts outside your household. Some have suggested we reframe “social distancing” as “distantly socializing.” The point is we need to connect with others more, not less—even as we keep apart physically.

I’ve watched my wife and 6-year-old grandson in their new ritual—reading books aloud to each other online. A colleague tells me she’s enjoying weekly online trivia games with her siblings and their kids. And I notice old friends are using the pandemic as an opportunity to write or phone, saying, “I’ve been thinking of you. I want you to know I care.”

I’d encourage everyone who’s staying home these days to make at least one such social connection each day. And do your best also to keep your body and mind active. Together, such efforts may provide just the boost you need to stay resilient during a very difficult time.

Excerpted from <https://www.kpWASHINGTONresearch.org/news-and-events/blog/2020/how-seniors-can-build-resilience-during-pandemic>



This book is available in print through our library catalog AND online through the Overdrive/ Libby App

“My generation... doesn’t want to give up the things we love just because we’re getting older. NEVER GIVE UP is our motto.”

Grow, Sow, Repeat

FROM THE PREFACE

The year I became a Master Gardener, I couldn’t wait to apply the information I’d learned so I could transform my garden. With my bad back, I knew the last thing I should be doing was wrestling with heavy things—like this one concrete pot I wanted to move—but I did it anyway.

For more than a week after, I was flat on my back and could barely walk. Getting out to my garden was impossible.

Laid out on my sofa, I could see my roses needed dead-heading, but the pain was so bad, all I could do was take another pill.

Two weeks later, I was still on my back. I felt useless and was beginning to feel sorry for myself. I decided I had to find some way to adapt so I could garden again.

As soon as I thought the word “adapt,” a light bulb went off in my head! On a recent trip to Oregon, I’d read an article on adaptive gardening in a newspaper called *Boomer and Senior News*. I remembered commenting to my husband, Tim, “Isn’t that redundant? I mean: Boomers and seniors?”

I took another pill so I could get off the darned sofa. Bracing myself on furniture and door frames, I set off on a mission to find that article... I found it.

It told the story of two women in Oregon who were helping seniors adapt their gardens to accommodate their changing ability levels. The women’s clients wanted to ensure they could continue with their passion despite their aches and pains. I could relate to that. My own physical limitations seemed to be growing—I knew my back problem was chronic, and I didn’t

want to stop gardening. One particular line in the article stuck with me: “Garden smarter, not harder, so you can garden for life.” Bingo!

I spent the rest of my sofa time with my laptop on my stomach, researching adaptive gardening....

Eventually my back healed and I went back to work. After a few months of working with Master Gardeners, I wanted to find a way to share my love of gardening with my community.... I envisioned being of service to those seniors and gardeners with limited mobility issues, by helping them understand how they could adapt their gardens now so they wouldn’t have to re-do them or (worse) abandon them later.

I feel grateful to have the opportunity to share this important message with you.....

My generation, the Boomers, doesn’t want to give up the things we love just because we’re getting older. NEVER GIVE UP is our motto. My purpose for writing this book is to share what I have learned about how to keep gardening, even when your back or knees are screaming at you.

Come with me, as we walk the path of adaptive gardening together. No matter what happens, we will never give up what feeds our soul.

Adaptive Gardening Tool—CobraHead Original Weeder & Cultivator



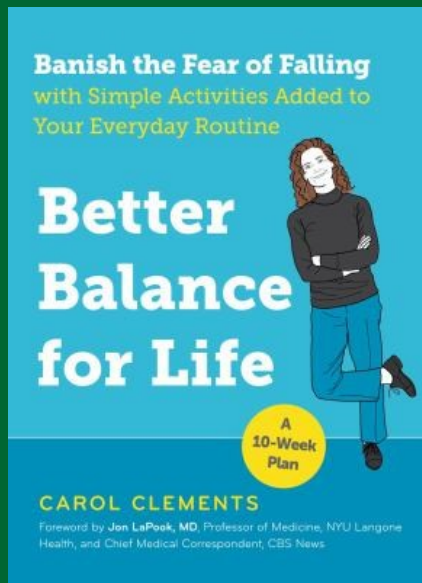
Ergonomically Designed for Digging, Edging & Planting

- **BUILT BY GARDENERS** - CobraHead tools are developed from seasons of hands-on gardening experience.
- **EASY TO USE** - Our classic garden weeding tools are great for greenhorns or green thumbs of all ages.
- **TEMPERED STEEL BLADE** - Gardeners love this tool because the curved head plows through any soil.
- **COMFORTABLE UNIVERSAL GRIP** - Our recycled plastic handles are made for easy right or left-hand use.

MADE IN THE USA - All of our dependable garden tools are crafted with care in Cambridge, Wisconsin.



May We Recommend...



As you age, stumbling blocks are everywhere: the bottom step, the roadside curb, and even the living room carpet. But you don't have to live in fear of falling. With *Better Balance for Life*, you will learn all-new, simple activities to help you build strength and increase flexibility to improve your balance! In this ten-week program, personal trainer Carol Clements shows you effortless moves to slide into your everyday routine. Watching TV? Learn how to extend your toes and flex your ankle to develop more nimble feet--and greater mobility. With four new activities each week, building better balance is fun and easy. By the end, you, too, will be marching with your eyes closed!

FROM THE INTRODUCTION

Are you afraid of falling? Do you find yourself holding on to something to keep your balance and feel safe? As my contemporaries and I entered our sixth decade, we baby boomers were all surprised—with many complaints—that we had to endure the aging process. In the past, Susan trotted down the stairs in the middle of the crowd, but now she steps to the side and holds the handrail. Rick was recently traveling in Europe and felt insecure walking on cobblestones. Anxiety struck when Bill found nothing to hold on to while navigating the stands at the baseball stadium. This is a generation like all generations. In youth, they took it for granted that they'd be active and agile forever. Now, they're losing confidence in their ability to do what formerly came naturally. They worry about losing their balance and falling.

As a personal trainer, yoga instructor, and dance and movement specialist for more than forty years, I've

helped people become aware of their own physicality and to develop flexibility, coordination, and endurance so they feel healthy and energetic. We focus on increasing their muscle mass and density, so that they do not diminish with age. Together, my clients and I have peeled back layers of joint and muscle dysfunction so that their body mechanics and alignment support ease and mobility. This process takes time and commitment from my students and clients.

But not everyone can afford a personal trainer. And not everyone wants to put his or her time or money into that kind of individual assistance. Many don't like the idea of exercising. Some don't belong to a gym or attend scheduled classes.

That's why I wrote this book—to reinvigorate your balance and your physical well-being—without scheduled exercise sessions. In the next ten weeks, you will incorporate simple activities into your everyday life that will improve your agility and

stability—and you won't even break a sweat!

Each week you add four simple activities to your daily routines, such as brushing your teeth, rinsing the dishes, putting on your socks, or sitting down to work at your computer. The challenges gradually increase in difficulty and as you progressively master each step in the program, you'll begin to notice that you've become more confident. When you can stand on one leg and button your shirt, you are ready to trust your ability to walk on uneven pavement.

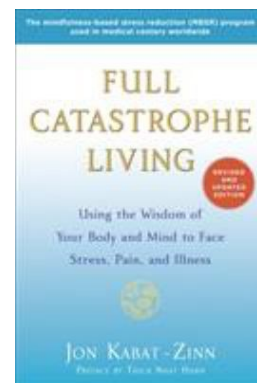
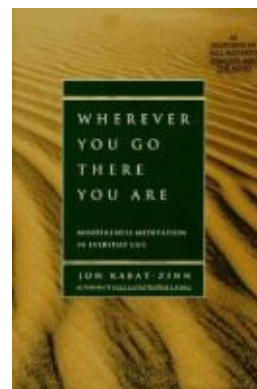
You can stand up without holding on and have better balance for life and pleasure.

**ALSO AVAILABLE AS AN
E-BOOK THROUGH
THE LIBRARY'S
OVERDRIVE/LIBBY APP**

A Little Bit Techie—Online Videos, Sites, & Apps

Online Guided Meditations and Resources:

- Arizona State University [Midday Mindfulness](#): A database of 70+ one hour videos with a wide range of topics that cover mindfulness and the real world (videos on YouTube).
- Arizona State University [Center for Mindfulness](https://mindfulnesscenter.asu.edu/resources) (<https://mindfulnesscenter.asu.edu/resources>): Our website provides resources on guided meditations, institutions, trainings, videos, writings, and events.
- [Insight Timer App](#): Home to more than 3 million meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores. (see box below).
- [Liberate](https://liberate meditation.com/) (<https://liberate meditation.com/>): A meditation app to intentionally support the Black, Indigenous, People of Color (BIPOC) community in healing to thrive with love.
- Link to Local Resources from the [Instill Mindfulness](https://instillmindfulness.org/resources/#online) website—<https://instillmindfulness.org/resources/#online>



May we recommend...

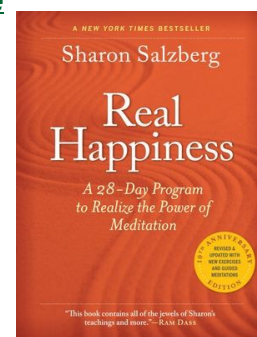
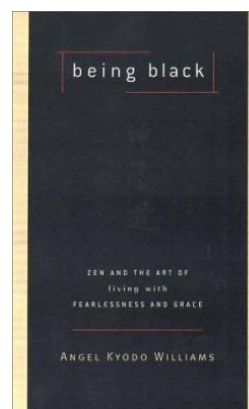
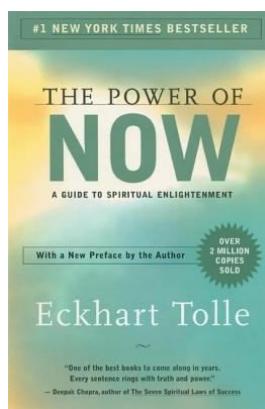
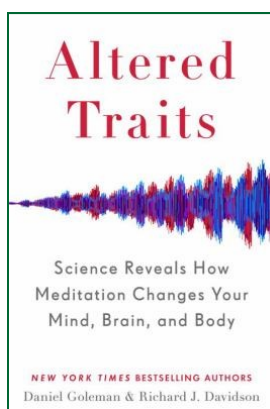
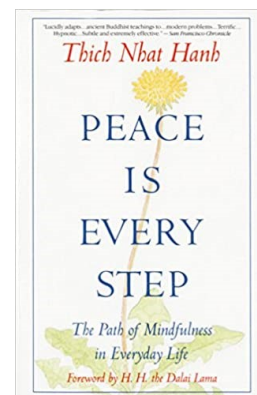
In the [Insight Timer App](#), search for insight meditation teacher, blogger, and author, **Stephanie Noble**. She has been teaching for over ten years and... is a published poet.

We recommend Stephanie's guided meditation, "Cultivating Ease and Awareness," (15 min) to deeply relax and develop the ability to attend the breath with curiosity and compassion



FOR BOOK LOVERS The following books are available through the library catalog:

- Jon Kabat-Zinn's [Wherever You Go, There You Are](#)
- Jon Kabat-Zinn's [Full Catastrophe Living](#)
- Thich Nhat Hanh's [Peace is Every Step](#)
- Sharon Salzberg's [Real Happiness](#)
- Angel Kyodo Williams's [Being Black: Zen and the Art of Living with Fearlessness and Grace](#)
- Eckhart Tolle's [The Power of Now](#)
- Daniel Gleman & Richard J. Davidson's [Altered Traits](#)



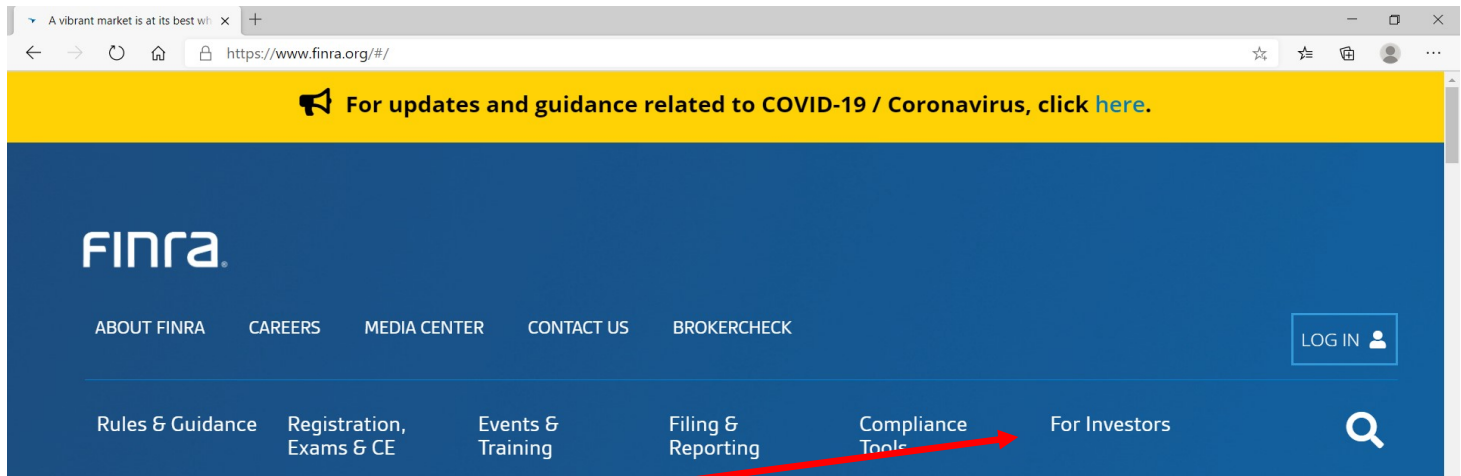
This item also available in print and audiobook through the library catalog

From the [finra.org](https://www.finra.org) website: The Financial Industry Regulatory Authority (**FINRA**) is a government-authorized not-for-profit organization that oversees U.S. broker-dealers. Working to ensure that everyone can participate in the market with confidence.

- Every investor receives the **basic protections** they deserve;
- Anyone who sells a securities product has been **tested, qualified and licensed**;
- Every securities product advertisement used is **truthful**, and not misleading;
- Any securities product sold to an investor is **suitable** for that investor's needs; and
- Investors receive **complete disclosure** about the investment product before purchase.

We oversee more than 624,000 brokers across the country—and analyze billions of daily market events.

We use innovative AI and machine learning technologies to keep a close eye on the market and provide essential support to investors, regulators, policymakers and other stakeholders.



UNDER FOR INVESTORS

- **Broker Check**—Check the background of an investment professional or firm.
- **Market Data Center**—This comprehensive tool is designed to assist investors with market and investment research.
- **Fund Analyzer**—helps you sort through and compare more than 30,000 mutual funds, exchange-traded funds, exchange-traded notes and money market funds.
 - Does the math for you and shows how fees and expenses impact the value of your fund over time.
- **What's New**—Online Articles
- **Publications**—FINRA offers free educational publications and other materials. Download or order printed copies of our materials today—and expand your knowledge to become a smarter investor.
- **Free Subscriptions**—The Alert Investor Newsletter, RSS Feeds, Twitter and Facebook.

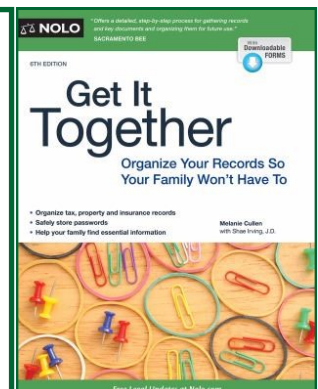
May We Recommend...

Get It Together: Organize Your Records So Your Family Won't Have To

By Melanie Cullen with Shae Irving, J.D.

Shows how to organize your records of personal information such as: instructions for survivors, secured places and passwords, final arrangements, estate planning documents, employment records, insurance policies, tax records, retirement accounts, government benefits, and real estate records. This workbook provides a complete system for structuring a records binder and easily organizing it for your loved ones.

All forms are now downloadable at [nolo.com](https://www.nolo.com).





Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:
library@salemva.gov

Roanoke Valley Libraries
Online Library Catalog
www.rvl.info

Roanoke Valley Libraries
e-Books & e-Audiobooks
rvl.overdrive.com

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Fill out the information below and mail it to us.

Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online.

Specify below how you would like to receive your subscription to this newsletter along with your contact information.

☐ Postal Service Mailing address: _____

☐ Email Email address: _____

LIBRARY SERVICES BEING OFFERED AT THIS TIME:

Contact Free Pick-up is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

Scan the QR code (bottom left on this page) to see our **Calendar of Events**.

Helpful Resources

Source for Reliable Outbreak Related Information—Centers for Disease Control and Prevention <http://www.cdc.gov>
1-800-CDC-INFO
(1-800-232-4636)

From the Substance Abuse and Mental Health Services Admin. (SAMHSA) website

If you feel lonely or need support, call SAMHSA's free 24-hour Disaster Distress Helpline
1-800-985-5990

For treatment referral—SAMHSA's National Helpline 1-800-662-HELP
Information Service in English and español

Website [English]: <http://www.suicidepreventionlifeline.org>

Website [español]: <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

**National Domestic Violence Hotline 1-800-799-7233
TTY 1-800-787-3224**

LOCAL RESOURCES

Mental Health Support
Blue Ridge Behavioral Healthcare
24-Hour Crisis Services:
540-981-9351
Initial Visit: 540-343-3007

Food Support
Salem Food Pantry
915 Union Street, Salem, VA
540-389-6938

Feeding America Southwest VA
1025 Electric Road, Salem, VA
540-342-3011 x7021

VA Department of Health
Text "food" or "comida" to 877877 to learn about the nearest local feeding sites.

Internet/WIFI

Free Public WIFI is available at the Salem Farmer's Market and the Salem Library's parking lot

Print/Copy/Fax /Notary Services

The UPS Store 540-387-0077
1329 W Main Street, Salem VA

Utility Assistance

Salem, Roanoke County Social Services, 220 E Main Street, Salem, 540-387-6087

Local Office on Aging
4932 Frontage Road NW,
Roanoke, VA, 540-345-0451
Services provided on site



Scan this QR code
to see our calendar
of events